

Summer Health & Safety

Water Safety

Swimming and boating are favorite summer activities. Whether you're by the ocean, at the lake or in your own backyard pool, following these simple safety rules will help protect you and your family.



- **Always** wear lifejackets when boating.
- **Never** drink while operating a boat.
- For jellyfish stings, rinse the area with seawater then apply vinegar. Scrape stingers out of the skin with an object, not your hands.
- **Always** watch children carefully, even in a few inches of water in a backyard wading pool.
- If you have a pool in your backyard, make sure it is fenced in and that children learn about safety on slides and diving boards.
- Don't assume someone can't drown because he knows how to swim. Many things can lead to drowning, including too much sun, tiredness, rough play and alcohol.

Insect Stings

Ouch!

Stings from bees, wasps, hornets, yellow jackets and fire ants are painful but rarely life threatening. Allergic reactions are the most dangerous effect of insect stings. Go to the nearest emergency room immediately if there is:

- Difficulty breathing, wheezing, dizziness.
- Swelling of the face, mouth or throat.

Milder reactions are much more common. These include:

- Redness and swelling around the bite; rash or itchiness. Treat the bite with ice. If you can see the insect stinger, push it out with a plastic card or other flat object. Sometimes a bite can become infected. See a doctor if:
 - There is an increase in swelling, redness, or pain around the bite.
 - Red streaks run from the bite.

Skin Cancer & Sun Safety

Skin cancer is directly related to sun exposure. Sun damage is cumulative — and the results of too much sun may not show up for two or three decades. Shielding your skin should be year-round, lifelong and everyday habit.

Keep safe in the sun:

- Wear a hat with a wide brim.
- Use sun protection any time you are in the sun for more than 10 minutes.
- Use a sun block or a sunscreen with a SPF of at least 15.
- Some foods and medications can make you more sensitive to the sun. They include parsley, figs, carrots, celery, limes, oral contraceptives, antihistamines, tetracycline, antidepressants and thiazide diuretics.
- Skin products such as Retin-A or renova or alpha-hydroxy acids (AHAs) may also increase sensitivity.
- The best protection — stay out of the sun between 10 a.m. and 3 p.m.



Heat Exhaustion



Summer heat can be dangerous. Spending too much time outdoors when the temperature soars can result in heat exhaustion, causing profuse sweating, fatigue and dizziness.

For seniors, heat stroke is even more serious. It involves a rise in body temperature since the body's sweating mechanism is no longer working.

If you become very hot and flushed and are not sweating, take a cool bath, drink fluids and seek medical attention.

To avoid being sidelined this summer, remember these tips:

- Don't stay in the heat for long periods.
- Don't schedule physically strenuous work for during midday hours.
- Rest in a cool place; drink plenty of fluids.

Feeling the Heat? Know the Signs

Stomach, arm and leg cramps are often the first sign of heat illness, followed by thirst, fatigue and weakness. Stop your activity, drink water and move to the shade to gently stretch. If you don't feel better within 30 minutes, call your doctor. Seek immediate help if you or a family member has the following symptoms:

- Skin that's hot and dry, but not sweating.
- Confusion.
- Fainting.
- Vomiting.
- Trouble breathing.

